

# LHAA Yoga Philosophy

LHAA teaches the “Essence of Yoga” - incredibly focused, therapeutically and alignment based core teachings, encompassing the history, art and science of this life enhancing ancient practice. The Director of our Yoga Teacher Training Program, Amanda McMaine, has been teaching yoga (both locally, nationally and internationally) for over 33 years and holds Masters Degrees in both Kinesiology and Dance. Our yoga teachers are highly skilled and motivated to bring out the best possible experience for every single yoga student, no matter their level. They are all Yoga Alliance certified and have spent years integrating teachings that they can share with students on a daily basis.

The word Yoga comes from the sanskrit word “yuj” meaning to yoke, join or unite. This implies joining or integrating all aspects of the individual-body with mind and mind with spirit-to achieve a happy, balanced and useful life. Yoga is an invitation to discover the place deep within us where nature rests, where we can discover, engage and move with the natural rhythms and intelligence of our bodies. We begin to feel connected to our vitality, our inner spaciousness, our gratitude and joy for being alive in the unique body we have been blessed with.



Our Yoga classes emphasize the internal practice of hatha yoga: the dynamic interplay of focused action and receptive awareness supported by the breath. By practicing with awareness and intention, you can begin to find the depth, the breadth, the beauty of that which we call “Yoga”.

We take great care to support each individual and their needs and experience. We encourage students to be open minded, non-judgemental and accepting of themselves and their experience while enjoying greater body/breath awareness, strength, flexibility and balance. Frequent referrals from physical therapists and medical practitioners underscore our reputation for always encouraging optimal alignment and attention to detail.

We respectfully embrace ancient yoga teachings within the context of an innovative, contemporary journey to a mind-full body and embodied mind. Join us for this incredible adventure!

Remember- If you can breathe- You can do Yoga!

Remember- Yoga is not just a “workout”. It is a journey within.